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# THE PHOENIX ACADEMY TRAINING PLANS

## ATHLETIC DEVELOPMENT

- Based on UKA 365 Academy Physical Conditioning and Sports Coach UK MultiSkills
  - Static Balance
  - Dynamic Balance
  - Agility and Awareness
  - Running Technique

## SPORTS DEVELOPMENT

- Athletics
  - UKA 365 Academy sections 13-25

## BEING AN ATHLETE

- Based on UKA 365 Academy sections 26 (lifestyle and support) and 27 (psycho-behavioural)



# ATHLETIC DEVELOPMENT

<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;"><b>Static Balance, Strong Stable Core &amp; Postural Control</b></p> <p style="text-align: center;">Floor work</p> <p style="text-align: center;"><i>It is assumed that, where appropriate, all challenges are completed in both directions and using both hands or feet. All positions should be held for 10 - 15 seconds. (Front &amp; Back Support)</i></p>	1a) Hold a mini front support position on hands and knees.	1a) Hold a mini front support position and lift one hand/knee off the floor with eyes closed.	1a) Hold a mini back support position. Place a cone on the stomach with one hand, and remove it with the other (close eyes to increase challenge).	1a) Hold a full back support position, with stomach facing upwards and legs straight.	1a) In a full back support position, transfer a cone on and off the stomach from one side to the other (close eyes to increase challenge).	1a) Hold a front support position with only one foot in contact with the floor. Transfer a cone on and off the back using different hands (close eyes to increase challenge).
	1b) Hold a mini front support position and lift one hand/knee off the floor.	1b) Hold a mini front support position. Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).	1b) Hold a full front support position (hands in line, flat back and straight legs).	1b) Hold a full front support position. Place a cone on the back with one hand, and remove it with the other (close eyes to increase challenge).	1b) In a full back support position, transfer a tennis ball on and off the stomach from one side to the other (close eyes to increase challenge).	1b) Hold a full front support position with only one foot in contact with the floor. Transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).
	1c) On hands and knees, reach across the body and point to ceiling with one hand and then the other hand.	1c) Hold a mini back support position with stomach facing upwards and knees bent.	1c) In a full front support position, lift one arm and point to the ceiling. Repeat with the other arm.	1c) In a full front support position, transfer a tennis ball on and off the back using different hands (close eyes to increase challenge).	1c) Starting in a full front support position, lift one arm up and rotate fluently until it returns to the starting position. Continue rotating with fluency.	1c) Hold a full back support position with only one foot in contact with the floor. Transfer a cone on and off the stomach using different hands (close eyes to increase challenge).
<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>Static Balance, Strong Stable Core &amp; Postural Control</b></p> <p style="text-align: center;">Seated Balance</p> <p style="text-align: center;"><i>It is assumed that all challenges are completed, where appropriate, in both directions and with both hands.</i></p>	2a) Balance for 10 seconds with 1 foot and 1 hand touching the floor.	2a) Balance with eyes closed for 10 seconds with no hands or feet touching the floor.	2a) Balance with eyes closed for 10 seconds with no hands and no feet touching the floor, while receiving a small force.	2a) Hold a dish shape for 5 seconds (use uneven surface to increase challenge).	2a) Hold a V shape (vsit) for 10 seconds (use uneven surface to increase challenge).	2a) Balance on an uneven surface for 10 seconds, while receiving a small force.
	2b) Balance for 10 seconds with 1 foot or 1 hand touching the floor.	2b) With both hands and feet off the floor and knees bent, pick up a cone from one side, swap hands and place it on the other side.	2b) Pick up a cone from one side, bring it across the body and place it down on the other side with the same hand.	2b) As Yellow 2b, but with cones at an arm's length away.	2b) With both hands and feet off the floor and knees bent, retrieve cones from in front, to both sides and from behind.	2b) As Blue 2b, but with eyes closed and receiving a small force.
	2c) Balance for 10 seconds with no hands or feet touching the floor with knees bent.	2c) Balance for 10 seconds with no hands or feet touching the floor, while receiving a small force.	2c) As Green 2b, but with eyes closed.	2c) Complete the same task as Purple 2b, without swapping hands in the middle.	2c) As Blue 2b but with eyes closed.	2c) Rotate 360° (without putting feet or hands down) on the floor and then on a bench.
<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>Static Balance &amp; Postural Control</b></p> <p style="text-align: center;">Single and double leg Standing</p> <p style="text-align: center;"><i>It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning for each challenge</i></p>	3a) Stand still with one foot on the floor for 5 seconds without losing balance.	3a) Stand still with one foot on the floor for 30 seconds without losing balance.	3a) Stand still with one foot on the floor and eyes closed for 10 seconds, without losing balance.	3a) Stand on one foot and do 10 ankle extensions, lifting the heel off the floor and slowly putting it down.	3a) Stand on one foot and complete 10 ankle extensions with eyes closed without losing balance.	3a) Stand on one foot and complete 10 squats into ankle extensions, with eyes closed, without losing balance.
	3b) Stand still with one foot on the floor for 10 seconds without losing balance.	3b) Stand on one foot and do 5 mini-squats, so the angle is no more than 135° at the knee.	3b) Stand on one foot and do 5 mini-squats, so the angle is no more than 90° at the knee.	3b) Stand on one foot and do 5 squats (90°) into ankle extensions.	3b) Stand still on one foot, on an uneven surface, for 10 seconds with eyes closed without losing balance.	3b) Stand on one foot and complete 10 ankle extensions on an uneven surface.
	3c) Stand still with one foot on the floor for 20 seconds without losing balance.	3c) Stand on one foot and do a 10 mini-squats, so the angle is no more than 135° at the knee.	3c) On an uneven surface, stand still on one foot for 10 seconds without losing balance.	3c) Stand on one foot and do 5 squats (90°) with eyes closed without losing balance.	3c) On an uneven surface, stand on one foot and do 5 squats without losing balance.	3c) On an uneven surface, stand on one foot and complete 10 squats into ankle extensions.
	3d) Double leg squat with arms out in front for balance. Angle of the knee should be 90°.	3d) Double leg deep squat with arms out in front for balance.	3d) Stand still on uneven surface - for 20 then 30 secs.	3d) Double leg squat with hands behind head. Angle of the knee should be 90°.	3d) Double leg deep squat with hands behind head.	3d) Double leg deep squat with hands behind head.



<p align="center"><b>4</b></p> <p align="center"><b>Developing Strong Stable Base of Support</b></p> <p align="center">On line with weight on balls of feet only then low beam.</p> <p align="center"><i>It is assumed that all challenges are completed, where appropriate, in both a side to side and front to back stance.</i></p>	4a) Stand on a line with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.	4a) Stand on a low beam with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.	4a) Stand on a line, and then a low beam, and maintain balance while receiving a small force from various angles.	4a) Stand on a line, and then a low beam, maintain balance, catch a ball at chest height and throw it back to a partner .	4a) Stand on a line, and then a low beam, maintain balance and catch a ball at knee height and above the head.	4a) Stand on a line and then a low beam, maintain balance, and throw and catch a tennis ball across the body using both right and left hands.
	4b) Stand on a line with feet shoulder width apart, in a front to back stance, with weight on the balls of the feet and hold balance for 10 secs.	4b) Stand on a low beam with feet shoulder width apart, in a front to back stance with weight on the balls of the feet and hold balance for 10 secs.	4b) Stand on a line, and then a low beam, maintain balance and pick up alternate feet 5 times.	4b) Stand on a line, and then a low beam, maintain balance, lift alternate knees and touch knee to opposite elbow 5 times.	4b) As Blue 4a, with more distal feeds (away from the body) and introducing a smaller ball.	4b) Stand on a line, and then a low beam, maintain balance and throw and catch two balls alternately, catching across the body using both right and left hands.
	4c) As Red 4a and 4b, but with eyes closed.	4c) As Yellow 4a and 4b, but with eyes closed.	4c) Stand on a line, and then a low beam, maintain balance and raise alternate knees 5 times.	4c) Strike ball back with racket to feeder.	4c) Stand on a line, and then a low beam, maintain balance, and throw and catch two balls alternately, using both right and left hands.	4c) Stand on a line, and then a low beam, maintain balance and volley a large ball back to a partner with both right and left feet.

<p align="center"><b>5</b></p> <p align="center"><b>Dynamic Balance with Upper / Lower Limb Coordination</b></p> <p align="center">Travelling along Lane, Line and Low Beam</p> <p align="center"><i>(hands from 'lips to hips') It is assumed that all challenges are completed where appropriate with both lead legs and/or both directions All walking drills from Yellow -Gold should involve the athlete using a correct arm action</i></p>	5a) , walk naturally with fluidity and minimum wobble. Along a line	5a) , walk fluidly, driving the knees up so there is a 90° angle at the hip. Along a line	5a) , walk fluidly, driving the knees up so there is a 90° angle at the hip but now backwards. Along a line	5a) , walk forwards then backwards, fluently combining heel up with the knee drive (slow controlled movements). Along a line	5a) demonstrate 'High knee and stick' from flat foot maintaining good posture. Along a lane, d	5a) , demonstrate 'High knee and stick' from ball of the foot maintaining good posture. Along a lane
	5b) , walk naturally with fluidity and minimum wobble but now backwards. Along a line	5b) , walk fluidly, lifting the heels up and under and keeping the toes up. Along a line	5b) As Green 5a, but with tiny steps with ball to heel landing, and pushing forwards off the ball.	5b) As Purple 5a, but with tiny steps: ball to heel pushing forward off the ball.	5c) Complete Green challenges A - B now on a low beam.	5b) , demonstrate 'High knee and stick' from push off maintaining good posture. Along a lane
	5c) , Take tiny steps (feet touching each time) placing heels down first and then rolling forwards on to the toes. Along a line	5c) , demonstrate 'Ankle Walks' with tall upright posture . Athlete should pause midway in each step. Along a lane	5c) Complete Red 5a and 5b on a low beam.	5c) Complete Yellow 5a and 5b on a low beam.	5c) Demonstrate Hamstring Walks (stork position) with lean to 45° angle, arms out to side for balance and correct posture for 10m.	5c) Demonstrate Hamstring Walks (stork position) with lean to 90° angle, arms out to side for balance and correct posture for 10m.
	5d) Demonstrate a double leg Hamstring lean (stork position) to 20° with correct posture.	5d) Demonstrate a double leg Hamstring lean (stork position) to 45° with correct posture.	5d) Demonstrate a double leg Hamstring lean (stork position) to 90° with correct posture.	5d) Demonstrate Hamstring Walks (stork position) with lean to 20° angle, arms out to side for balance and correct posture for 10m.	5d) Lunge walking backwards for 10m.	5d) Lunge Walking with upright posture, opposite elbows at 90° and with eyes closed, for 10m.
	5e) Basic lunge, with arms out for balance, along a lane and then a line.	5e) Basic lunge, with arms by side, along a lane and then a line.	5e) Basic lunge, with arms overhead, along a lane and then a line.	5e) Lunge walking with upright posture, and opposite elbow at 90°, for 10m.		

<p align="center"><b>6</b></p> <p align="center"><b>Coordination &amp; Dynamic Balance</b></p> <p align="center">Jumping Movements</p> <p align="center"><i>All landing to be controlled and with soft knees, good posture and balance finish. It is assumed that all challenges are completed where appropriate with both legs and/or both directions</i></p>	6a) Jump from 2 feet to a 2 feet landing. Sit back to control landing with soft knees flexing to 135° (50cm distance).	6a) Jump from 2 feet to 2 feet forwards then backwards with continuous rhythm, soft knees, retaining good balance.	6a) Jump from 2 feet to 2 feet with continuous quarter turns in same direction landing in freeze position. After every 4 jumps change direction.	6a) Single leg hops backwards.	6a) Jump from 2 feet to 1 foot with tuck, finishing with controlled one foot landing on same line.	6a) Jump from 2 feet to 2 feet with 360° turn.
	6b) Jump from 2 feet to a 2 feet landing. Sit back to control landing with soft knees flexing to 90° (50cm distance).	6b) Jump from 2 feet to 2 feet from side-to side with continuous rhythm.	6b) Jump from 2 feet to 2 feet with continuous quarter turns in rhythm, alternating between turning left and right, and land in freeze position.	6b) Jump from 2 feet to 2 feet with a 180° turn and land in balance with freeze position. Start and finish on the same line.	6b) Jump from 2 feet to 2 feet with a 180° turn and land in balance. Start on one line, and travel forward then backwards to finish on start line (50cm jumps).	6b) Jump from 1 foot to 2 feet with tuck and with 180° turn, finishing with a controlled landing on the same line.
	6c) As Red 6b but backwards.	6c) Alternate 2 feet to 2 feet jumps between side to side and forward and backwards to form a sequence.	6c) Single leg hops forwards.	6c) Jump from 2 feet to 2 feet with tuck, landing with control and soft knees, and then in freeze position. Start and finish on the same line.	6c) Jump from 1 foot to 1 foot with tuck (same foot), hopping forwards and backwards on to the same vertical line, freezing on landing. Repeat, jumping from 1 foot to the other foot.	6c) Jump from 1 foot to 2 feet with tuck and with 180° turn. Start on one line and finish on a line 50cm away.
	6d) .As Red 6a and 6b with a vertical jump.	6d) Straddling a line, jump from 2 feet to 1 foot landing on the line. Control landing to freeze on the line.	6d) Single leg hops sideways.	6d) Jump from 2 feet to 2 feet with tuck and with a 180° turn at the same time, landing in balance with freeze position.	6d) Jump from 1 foot to 1 foot with tuck (same foot) hopping sideways onto a different line, freezing on landing. Repeat, jumping from 1 foot to the other foot	6d) Jump from 2 feet to 1 foot with tuck, finishing with a controlled one foot landing. Start on one line and travel forward, then backwards, to finish on a line 50cm away





<p style="text-align: center;"><b>7</b></p> <p style="text-align: center;"><b>Coordination</b></p> <p style="text-align: center;">Floor movement patterns &amp; footwork (all travelling)</p> <p style="text-align: center;"><i>It is assumed that all challenges are completed, where appropriate, with both lead legs and/or both directions.</i></p>	7a) Side-step with left foot lead and then right foot lead (feet meeting in the middle).	7a) Grapevine, travelling sideways with a crossover step in front and then behind.	7a) Combine sidesteps with 180° front pivot and then reverse pivots, staying in lane.	7a) Combine sidesteps with 180° pivots alternating between front and reverse pivots.	7a) Combine side-steps with a cross-over step. Accelerate on the crossover step, de-accelerate on side-step.	7a) 3 step zigzag with each sequence forwards and backwards.
	7b) Gallop by facing forward with 1 foot in front of the other.	7b) Skip forwards with 90° knees lift, opposite 90° elbow drive.	7b) Skip backwards with 90° knees lift, opposite 90° elbow drive.	7b) Speed Skaters forwards.	7b) Side-step with 180° pivots, combined with upper body swinging arms across body and then extended out in rhythmic pattern. Front pivot first, then reverse pivot and finally alternate pivot.	7b) As Black 7a with increased speed.
	7c) Side-skipping with left foot lead and then right foot lead (feet hip width apart).	7c) Hopscotch forwards, alternating hopping on 1 foot with 2 footed jumps.	7c) Hop-scotch to alternate feet.	7c) Hopscotch, with same knee drive, travelling forwards then backwards.	7c) Hopscotch, with alternate knee drive, travelling forwards then backwards.	7c) Speed Skaters backwards.
			7d) Hopscotch backwards.		7d) Speed Skaters forwards with arm swings rotation.	7d) Hopscotch with single knee drive, alternating between forwards and backwards every 2 jumps by using a 180° jump

<p style="text-align: center;"><b>8</b></p> <p style="text-align: center;"><b>Agility (All Change!)</b></p> <p style="text-align: center;">Change of Speed / direction, level or body shape</p> <p style="text-align: center;"><i>Athletes must ensure that they complete all challenges turning / moving in both directions.</i></p>	8a) Sprint forwards from a ready active position over 10m.	8a) Sprint backwards from an upright ready position over 10m.	8a) Sprint forwards from a ready active position over 10m, then decelerate (by leaning backwards) over 5m and accelerate (by leaning forwards) over 10m.	8a) Sprint forwards, then change to backwards running after 10m (moving in the same direction throughout) over 30m.	8a) Sprint forwards and change direction on cue (2 cones located left & right of athlete approximately 45°).	8a) Box drill Sprint forwards over 5m, lateral over 5m, backwards over 5m and lateral over 5m, displaying good technique.
		8b) Run forwards through ladder with fast feet, both feet in each square with arm drive and good posture. Ladder Drill	8b) Sprint backwards from a ready upright position over 10m, then decelerate (by leaning forwards) over 5m and accelerate (by leaning backwards) over 10m.	8b) Move laterally at speed between 2 cones over 10m. Change direction by leaning into the intended direction and pushing off the outside foot.	8b) Sprint backwards and change direction on cue (2 cones located left and right of athlete approximately 45°).	8b) Sprint forwards over 5m, cross over lateral over 5m, backwards over 5m and cross over lateral over 5m, displaying good technique throughout. Box drill
			8c) Move laterally and slowly with both feet in and out each square with arm drive. Ladder Drill	8c) High knee drill forwards and then backwards with good posture (over 5m).	8c) Skipping drill forwards and then backwards with good posture (over 5m).	8c) High knee drill laterally (both left and right) with good posture (over 5m).
				8d) Move laterally with fast feet, bringing both feet in and out of each square and with good arm drive and posture. Ladder Drill	8d) Start both feet in square and move laterally and diagonally, stepping out with both feet, missing out the next square along and then back in. Ladder Drill	8d) Spotty dogs (fast) with both feet in each square before moving laterally. Ladder Drill
					8e) Spotty Ladder Drill dogs - moving laterally one square at a time alternating feet with only one foot in each square.	8e) Icky shuffle with 1 foot in. Ladder Drill





<p style="text-align: center;"><b>9</b> <b>Agility</b> <b>Reaction &amp; Response</b> <i>Slow to fast, fast to slow using both left and right hand.</i></p>	<p>9a) Stand 1 metre away from partner, who drops a size 4/5 ball from shoulder height. Catch the ball after 1 bounce.</p>	<p>9a) Stand 1 metre away from partner who has arm stretched out to the side and drops a tennis ball. React quickly and catch after 1 bounce.</p>	<p>9a) Stand 1 metre away from partner who has arms stretched out to the side at shoulder height and a tennis ball in each hand. Catch a random ball after 1 bounce.</p>	<p>9a) As Green 9a, but arrive in control, holding a one leg balance as the ball is caught. Start 1m away from partner.</p>	<p>9a) As Purple 9a, but step across body and catching ball with opposite hand to lead leg. Catch the ball after 1 bounce. Start 1m away from partner.</p>	<p>9a) As Blue 9a, but face away from partner, responding to a call when random ball dropped. Start from 1m away from partner.</p>
	<p>9b) As Red 9a, but from 2m away. On Red can 'run through' after catch before deceleration.</p>	<p>9b) As Yellow 9a, but from 2m away. On Yellow can 'run through' after catch before deceleration.</p>	<p>9b) As Green 9a, but from 2m away. On Green can 'run through' after catch before deceleration.</p>	<p>9b) As Purple 9a from 2m, with no 'run through' allowed.</p>	<p>9b) As Blue 9a from 2m, with no 'run through' allowed.</p>	<p>9b) As Black 9a from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.</p>
	<p>9c) As red 9b, from 3m away.</p>	<p>9c) As Yellow 9b, from 3m away.</p>	<p>9c) As Green 9b from 3m away.</p>	<p>9c) As Purple 9b from 3m, with no 'run through' allowed</p>	<p>9c) As Blue 9b from 3m, with no 'run through' allowed.</p>	<p>9c) As Black 9b from 3m, with no 'run through' allowed.</p>

<p style="text-align: center;"><b>10</b> <b>Agility</b> <b>Pivoting / Rotation</b> <i>Athlete always starts from a standing position with feet shoulder apart, knees slightly flexed. High stages of pivoting relate to Discus &amp; Hammer Technique</i></p>	<p>10a) Pivot 90° clockwise (on ball of foot) and with good posture, while maintaining balance (both feet).</p>	<p>10a) Pivot 180° clockwise (on ball of foot) while maintaining balance (both feet).</p>	<p>10a) Pivot 3 quarter turn anti clockwise (on ball of foot) while maintaining balance (both feet).</p>	<p>10a) Pivot 360° turn anti clockwise (on ball of foot) while maintaining balance (both feet).</p>	<p>10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) while maintaining balance.</p>	<p>10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) at speed while maintaining balance.</p>
	<p>10b) Pivot 90° anti clockwise (on ball of foot) with good posture and balance (both feet).</p>	<p>10b) Pivot 180° anti clockwise (on ball of foot) whilst maintaining balance (both feet).</p>	<p>10b) Pivot 3 quarter turn clockwise (on ball of foot) while maintaining balance (both feet).</p>	<p>10b) Pivot 360° turn clockwise (on ball of foot) while maintaining balance (both feet).</p>	<p>10b) Pivot quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance.</p>	<p>10b) Pivot quarter turn, followed by a half turn (on ball of foot) with weighted object whilst maintaining balance.</p>
			<p>10c) Move laterally with heel to toe action.</p>	<p>10c) Hold a broom stick with extended arms, eyes focusing on the end of the stick and turn on the spot by moving the feet in an anti - clockwise direction. Basic Turn</p>	<p>10c) Turn through 90° balanced on the heel of the left foot, pivoting onto the ball of the right foot. Heel - Toe Turns</p>	<p>10c) Turns through 120 balanced on the heel of the left foot then transferring their bodyweight onto the ball of the right foot, pivoting the body around and back to the starting position. Heel - Toe Turns: T</p>





<b>11 Awareness</b>	11a) Awareness of position of Centre of Mass (CoM) when standing upright.	11a) Awareness of how changing the size of the base helps with stability.	11a) Use counter balance to help maintain Centre of Mass over base.	11a) Use Centre of Mass and size of base to become more stable in actions.	11a) How moving Centre of Mass outside of the base can help certain movements (running quickly).	11a) Understand the relationship between speed and accuracy (an increase in one causes a decrease in the other).
		11b) Relationship between size of base and Centre of Mass.	11b) Moving body parts in an effective order (throwing - coordination).	11b) Use order of body parts to generate more force in movement.	11b) Recognise how applying force in one direction gives an equal and opposite force in the other direction.	

<b>12 Running Technique (Maximum Velocity/ Full Flight Running)</b>	12a) Walk with relaxed shoulders and good upright posture.	12a) Jog/skip with relaxed shoulders and good upright posture.	12a) Run tall with relaxed shoulders a good upright posture.	12a) Run tall with relaxed shoulders, high hips, good upright posture and balance.	12a) Demonstrate relaxed running technique with no visual tension (all of Purple).	12a) All of Blue at increased speed.  12b) Demonstrate an active foot strike on the forefoot with a quick, 'down and back' motion.  12c) Maintain technical performance in competition conditions.  12d) Execute running isolation drills a) Alternate drills; b) Single side drills.
	12b) Walk tall with high hips, good upright posture and balance.	12b) Jog/skip tall with high hips, good upright posture and balance.	12b) Run tall with high hips, good upright posture and balance.	12b) Run tall with relaxed pockets to sockets arm action.	12b) Use a fast relaxed arm action emphasising the drive backwards (hammering a nail into the wall behind).	
	12c) Head up with focus in front.	12c) Walk with knee up, toe up action.	<b>knee up 12c) Jog/skip with , toe up action (good upright posture; no forwards or backwards lean).</b>	12c) Run with knee up, toe up action (good upright posture; no forwards or backwards lean).	12c) Prior to touchdown (front swing phase) raise knee until leg is parallel to the ground.	
	12d) Awareness of space and the safety of others.	12d) Walk with heel up (underneath buttocks), toe action (foot at 90°).	<b>heel up 12d) Jog/skip with , toe up action (good posture; no backwards lean).</b>	12d) Run with heel up, toe up action (good upright posture; no forwards or backwards lean).	12d) Active and quick free leg with a 'down and back' motion before touchdown.	
		12e) Walk with relaxed pockets to sockets arm action.	12e) Jog/skip with relaxed pockets to sockets arm action.	12e) Active strike on fore front (ball) of foot.	12e) Support leg is strong with no visual collapse of leg.	
			12f) Start, stop and change pace with control and response to instruction.	12f) Run on curve with coordination and control.	12f) Run a controlled bend with smooth transition on to straight running.	
			12g) Run and change direction (applying appropriate force), demonstrating speed and agility.			



# SPORTS DEVELOPMENT

## ATHLETICS

<p style="text-align: center;"><b>12</b> <b>Running Technique</b> (Maximum Velocity/ Full Flight Running)</p>	12a) Walk with relaxed shoulders and good upright posture.	12a) Jog/skip with relaxed shoulders and good upright posture.	12a) Run tall with relaxed shoulders a good upright posture.	12a) Run tall with relaxed shoulders, high hips, good upright posture and balance.	12a) Demonstrate relaxed running technique with no visual tension (all of Purple).	12a) All of Blue at increased speed.
	12b) Walk tall with high hips, good upright posture and balance.	12b) Jog/skip tall with high hips, good upright posture and balance.	12b) Run tall with high hips, good upright posture and balance.	12b) Run tall with relaxed pockets to sockets arm action.	12b) Use a fast relaxed arm action emphasising the drive backwards (hammering a nail into the wall behind).	12b) Demonstrate an active foot strike on the forefoot with a quick, 'down and back' motion.
	12c) Head up with focus in front.	12c) Walk with knee up, toe up action.	<b>knee up 12c) Jog/skip with toe up action (good upright posture; no forwards or backwards lean).</b>	12c) Run with knee up, toe up action (good upright posture; no forwards or backwards lean).	12c) Prior to touchdown (front swing phase) raise knee until leg is parallel to the ground.	12c) Maintain technical performance in competition conditions.
	12d) Awareness of space and the safety of others.	12d) Walk with heel up (underneath buttocks), toe action (foot at 90°).	<b>heel up 12d) Jog/skip with toe up action (good posture; no backwards lean).</b>	12d) Run with heel up, toe up action (good upright posture; no forwards or backwards lean).	12d) Active and quick free leg with a 'down and back' motion before touchdown.	12d) Execute running isolation drills a) Alternate drills; b) Single side drills.
		12e) Walk with relaxed pockets to sockets arm action.	12e) Jog/skip with relaxed pockets to sockets arm action.	12e) Active strike on fore front (ball) of foot.	12e) Support leg is strong with no visual collapse of leg.	
			12f) Start, stop and change pace with control and response to instruction.	12f) Run on curve with coordination and control.	12f) Run a controlled bend with smooth transition on to straight running.	
			12g) Run and change direction (applying appropriate force), demonstrating speed and agility.			

<p style="text-align: center;"><b>13</b> <b>Sprint Start &amp; Drive Phase</b> (Acceleration)</p>	<b>'Ready Active Position' 13a)</b> Take up a : staggered feet, lowered centre of gravity, forward body lean.	13a) From a Ready Active Position 'Pushes off' down and back with feet.	13a) Use body lean and centre of gravity to assist start and accelerate quickly.	13a) Demonstrate quick reactions and rapid acceleration from a variety of starting signals.	13a) Demonstrate a crouch start with correct front (90°) and rear (120°-140°) leg angles, heels pressed back.	13a) Demonstrate hips raised slightly higher than shoulders, with head in a neutral position.
	13b) Ready Active Front (Strongest) foot on the line, rear foot about shoulder width behind, ensuring front arm opposite to front foot (left & right).	13b) Accelerate quickly from a variety of static positions (standing, laying down, kneeling, etc).	13b) Bring foot through low (stepping over ankle) in 'Drive Phase'.	13b) Demonstrate effective three point start technique.	13b) Head is level with the back, eyes look straight down.	13b) Demonstrate balance and control during a sprint start, taking powerful progressive strides.
	13c) Respond rapidly to a stimulus.	13c) Demonstrate basic (shallow angle) 'Falling Start' with balance and control.	13c) Demonstrate effective (deep angle) 'Falling Start' technique with no bending at the waist.	13c) Demonstrate a basic 'On your Mark' position (crouch start), with correct hands and feet spacing.	13c) Hold good posture and balance in the 'Set' position with good arm spacing.	13c) Rear leg moves forward rapidly in the drive phase while the body leans forwards.
			<b>Falling Start: 13d)</b> Demonstrate active use of arms with exaggerated arm split in initial steps.	13d) Measure out crouch start settings unsupported.	13d) Demonstrate active use of arms with a big split of the arms in initial steps.	13d) Drive arms in opposition to legs.





<p style="text-align: center;"><b>14</b> <b>Hurdles</b></p> <p><i>Athletes should demonstrate good posture as per running technique throughout hurdles progression. Shoulders and torso (body) should be aligned with the direction of travel (facing forwards) throughout the hurdle progressions</i></p>	14a) Rhythm Run over low obstacles (cane) without hesitation.	14a) As Red 14a, but with increased height (SAQ low hurdle).	14a) As Yellow 14a, but with increased height ( ). SAQ tall hurdles/ Sports Hall Low hurdles	14a) As Green 14a, but with increased height ( ). Sports Hall Medium hurdles	14a) Demonstrate rhythm and running efficiency over increased height and distance (hurdles grid).	14a) Take off well in front of the hurdle (approximately ? of the hurdle stride).
	14b) Sprint (not jumps) over obstacles (cane).	14b) Complete obstacle course showing rhythm, control and agility.	14b) Maintain good basic running technique when sprinting over obstacles.	14b) Understand that stride patterns determine which leg clears the hurdle first (lead leg).	14b) Identify optimal distance between hurdles to maintain 3 stride pattern (hurdle grid).	14b) Demonstrate good linear lead leg, with knee driving straight at hurdle in take off.
		14c) Sprint over and between obstacles, using a consistent stride length and pattern.	14c) Use a 3 stride pattern between hurdles within hurdle grid.	14c) Show rhythm and does not 'reach for the hurdles'.	14c) Demonstrate hurdle walkover drills (low height) with good posture, balance and correct foot placement. i) Hurdle stepover; ii) Can-can; iii) Hurdle side steps.	14c) Drive forward more than upward at take off.
		14d) Sprint straight down the line of obstacles.	14d) State a 'lead leg' preference when sprinting over hurdles.	14d) Demonstrate confidence in leading with either leg to sprint over an obstacle.		14d) Fully extend hip, knee and ankle joints at take off.
			14e) Active use of arm action to aid running speed over hurdles.	14e) Demonstrate a dynamic lead leg.	14d) Demonstrate hurdle mobility drills with good posture and technique.	14e) Demonstrate lead and trail leg hurdle drills (run over drills) with good basic technique.
				14f) Demonstrate a short lateral trail leg.		

<p style="text-align: center;"><b>15</b> <b>Relay</b></p>	15a) Complete relay challenge as part of a team.	15a) Change baton with visual exchange in stationary position (both hands).	<b>non visual 15a) Change baton with exchange in stationary position (both hands).</b>	<b>non visual 15a) Change baton with exchange at jogging pace (both hands).</b>	15a) Demonstrate confidence in unsighted exchanges at speed (running pace).	15a) Accelerate rapidly away from an incoming runner.
	15b) Co-operate with others in a team.	15b) Use voice command for receiving partners.	15b) Pass baton (stationary) using basic 'push pass' technique.	15b) Pass baton (jogging) using basic 'push pass' technique (both hands).	15b) Pass baton at 'Fast Stride' pace using 'push pass' technique (both hands).	15b) Catch an accelerating runner during relay changeover.
		15c) Receive baton/object safely in stationary position (both hands).	15c) Receive baton (stationary) safely using 'Push Pass' technique (both hands).	15c) Receive baton safely (jogging) using 'Push Pass' technique (both hands).	15c) Receive baton safely at 'Fast Stride' pace using 'Push Pass' technique (both hands).	15c) Exchange baton in designated zone.
			15d) Do all of the above at walking pace.	15d) Stand in the correct position within the lane so as to avoid collision.	15d) Work within a team to develop performance.	15d) Able to exchange baton on bend.







<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;"><b>Endurance Running Technique</b></p> <p><i>Steady running is defined as approximately 70%-80 of maximum heart rate. Sustained Pace Running is approximately 80%-90%+ of maximum heart rate</i></p>	16a) Demonstrate all of Running Technique Stage 1 (Red).	Demonstrate all of Running Technique Stage 2 (Yellow). 16a)	Demonstrate all of Running Technique Stage 3 (Green). 16a)	Demonstrate all of Running Technique Stage 4 (Purple). 16a)	Demonstrate all of Running Technique Stage 5 (Blue). 16a)	Demonstrate all of Running Technique Stage 6 (Black). 16a)
	16b) Copy movement of leader with coordination and control.	16b) Active mid foot contact when skipping.	16b) Demonstrate an active mid foot action in order to sustain efficient running technique.	16b) Demonstrate Arm Technique similar to sprinting action but less pronounced.	16b) Heel is cycled underneath the buttock in recovery phase, but not as pronounced as sprinting action.	16b) Demonstrate relaxed rhythmical running with no visual tension for several minutes.
	16c) Steady running for 1 minute.	16c) Steady running for 2 minutes.	16c) Demonstrate pace judgement to within 10 metres (+/-) of designated target.	16c) Demonstrate pace judgement to within 5 metres (+/-) of designated target.	16c) Demonstrate consistent pace judgement over fixed distance.	16c) Demonstrate consistent pace judgement over varied distance (e.g. 800m & 1500m pace).
	16d) Sustained Pace Running for 30 seconds.	16d) Sustained Pace Running for 1 minute.	16d) Steady running for 3 minutes.	16d) Steady running for 5 minutes.	16d) Steady running for 10 minutes.	16d) Steady running for 20 minutes.
			16e) Sustained Pace Running for 2 minutes.	16e) Sustained Pace Running for 3 minutes.	16e) Sustained Pace Running for 5 minutes.	16e) Sustained Pace Running for 10 minutes -3km.

<p style="text-align: center;"><b>17</b></p> <p style="text-align: center;"><b>Race Walking</b></p> <p><i>Steady walking is defined as approximately 70%-80 of maximum heart rate. Sustained Pace Walking is approximately 80%-90%+ of maximum heart rate</i></p>	17a) Steady walking for 1 minute.	17a) Steady walking for 2 minutes.	17a) Steady walking for 3 minutes.	17a) Steady walking for 5 minutes.	17a) Steady walking for 10 minutes.	17a) Steady walking for 20 minutes.
	17b) Sustained Pace Walking for 30 seconds.	17b) Sustained Pace Walking for 1 minute.	17b) Sustained Pace Walking for 2 minutes.	17b) Sustained Pace Walking for 3 minutes.	17b) Sustained Pace Walking for 5 minutes.	17b) Sustained Pace Walking for 2km.
	17c) Use bent arms (90°) driven backwards and forwards to balance leg action.	17c) Walk with relaxed full upright posture (with no bend at waist).	17c) Walk with relaxed shoulders and shoulders square to the front.	17c) Walk with strong push off from the rear foot.	17c) Race walk on a line with balance and control, remaining tall (hips high) with relaxed arm action.	17c) Walk short sprints maintaining good technique.
	17d) Walk gradually increasing the pace, not breaking into running (understanding the difference between a walk and a run).	17d) Walk with straight leg at contact and through vertical.	17d) Hands swing to the centre of the body and elbows drive backwards so hands end just above hips ('Chest to Pocket' arm action with hands).	17d) Change length of stride from long to short and short to long.	17d) Change cadence of stride from slow to fast retaining technique	17d) Walk with rhythm and relaxation (no visual tension), keeping the foot low to ground on recovery.
	17e) Lands controlled on the heel.	17e) One foot to maintain contact with the ground at all times.	17e) Looks forward keeping the head level whilst race walking.	17e) Front foot planted on heel with toes up position.	17e) Support leg is straight and remains extended as long as possible in the Rear Support Phase.	17e) Front foot lands smoothly on the heel while rear foot is in a heel up position.





<b>18</b> <b>Long Jump and Standing Long Jump</b>	18a) Demonstrate various jumps in response to instructions (jumps for height, distance, 2 feet to 2 feet, etc).	18a) Use backward to forward arm swing to increase jumping distance.	18a) Identify preferred take off leg.	18a) Demonstrate fast controlled approach (optimum speed) with limited run up: 10 - 12 strides.	18a) Achieve optimum speed after a controlled run up.	18a) Perform a consistent sprint technique on the approach run.
	18b) Demonstrate soft landing - bending at the knees to cushion impact.	18b) Jump for distance from two feet to two feet.	18b) Use a short run (2 strides) to jump from one foot to two feet (both feet).	18b) Demonstrate 'Active' flat foot at take off (dynamic down and back motion).	18b) Drive the free knee up and forwards.	18b) Take off with power and control after a fast run up.
	18c) Take off from, and land in, different positions.	18c) Demonstrate control and balance on landing - feet shoulder width apart; Centre of Gravity over base.	18c) Demonstrate soft controlled and landing into sand pit.	18c) Demonstrate basic head up, chest up, drive up and forwards.	18c) Keep body upright and hips high at take off.	18c) Demonstrate full extension of hip, knee and ankle joint (in that order) at take off.
		18d) Jump for distance from one foot to two feet (both feet).	18d) Focus is forwards not downwards.	18d) Demonstrate awareness of the take off point.	18d) Keep a tall upright body position in flight phase of jump.	18d) Hold take off extension (body tension) during early flight.
			18e) Move body parts in an effective order to aid jump distance and efficiency.	18e) Mark out basic run up to achieve optimal speed and accuracy.	18e) Judge distances accurately.	18e) Land with heels first, and bend knees to absorb momentum.

<b>19</b> <b>Triple Jumps And Standing Triple Jump</b>	19a) Demonstrate all of Long Jump Stage 1 (Red).	Demonstrate all of Long Jump Stage 2 (Yellow). 19a)	Demonstrate all of Long Jump Stage 3 (Green). 19a)	Demonstrate all of Long Jump Stage 4 (Purple). 19a)	Demonstrate all of Long Jump Stage 5 (Blue). 19a)	Demonstrate all of Long Jump Stage 6 (Black).19a)
	19b) Perform hop and jump combinations with balance and control (both feet for hops).	19b) Demonstrate a basic Hopscotch technique with control and balance (See Coordination).	19b) Demonstrate basic triple jump sequences from short run up (2 strides) with rhythm, balance and control.	19b) Active take off foot through each phase (see Long Jump Blue).	19b) Identify optimal distance between markers to maintain even jump pattern (rhythm) within triple jump grid.	19b) Demonstrate full extension of hip, knee and ankle joint (in that order) at take off in each phase of the jump.
	19c) Link multiple step/jump combinations with balance and coordination.	19c) Demonstrate basic hop, step and jump movements with speed and balance from stationary position.	19c) Perform combination jump sequences with rhythm, balance and control.	19c) Maintain even jump pattern (rhythm) between markers within triple jump grid.	19c) Maintain a tall upright body position throughout jump phases.	19c) Demonstrate the ability to keep the head and hips high and body upright throughout the jump phases.
		19d) Hop for distance.	19d) Move body parts in an effective order to aid hop and step distance and efficiency.	19d) Move body parts in an effective order to maximise hop and step distance and efficiency.	19d) Use arms to balance leg action.	19d) Demonstrate controlled vigorous use of arms to aid balance, distance and power.





<b>20</b> <b>High Jump And Vertical Jump</b>	20a) Use jumping combinations to move around a space (Side to side, 1 foot to 2 feet, etc).	20a) Jump quickly from side to side showing coordination and balance (Speed Bounce).	20a) Jump from side to side with balance, speed and rhythm (using an active foot on contact).	20a) 'Scissor' over increased height (rubber bar) from a short curved run up (from both sides).	20a) Two footed 'Standing Flop' demonstrate safe landing (with the mid-upper back touching down first). (onto 3. 2 and then 1 mats high)	20a) Two footed emonstrate safe landing (with the mid-upper back touching down first). 'Standing flop' (platform take off onto 2 mats high) d
	20b) Bend then extend at the knees and ankles to aid jumping for height from a standing position.	20b) Bend then extend at the hips, knees and ankles and use active backwards arm swing action to aid jumping for height from a standing position.	20b) Move body parts in an effective order to aid jumping height and efficiency (basic triple extension - hip, knee then ankle).	20b) Keep the head and upper body tall and upright (from both sides). Scissor technique	Drive vertically at take off, demonstrating active use of arms to aid jumping technique. 20b) Scissor and Basic Fosbury	20b) Demonstrate acceptable extensions of hip, knee and ankle joint (in that order) at take off. Scissor and Basic Fosbury
	20c) Demonstrate a soft landing, landing flat-footed and bending at the knees to cushion impact.	20c) Demonstrate control and balance on landing - feet shoulder width apart, Centre of Gravity over base of support and landing flatfooted.	20c) Use a short run (35m) to jump one footed for height; reaching for a basketball hoop or cross bar.	20c) Drive the free leg (closest to the bar) up and over the bar, keeping the leg bent. Scissor technique	drive the inside knee upwards to 90° at take off 20c) Scissor and Basic Fosbury:	20c) Stay tall and upright during and after take off (strong core position).
	20d) Run in and out of cones (curved lines and figure of 8's) with adequate control and balance (cones 5-7m apart).	20d) Run in and out curved lines and figure of 8's with reasonable speed, good balance and control. Focus is forward and not down.	20d) Run in and out curved lines with speed, balance and control, accelerating into each curve.	20d) Always land on the lead foot (from both sides). Scissor technique	20d) Demonstrate spatial awareness in clearing the bar with scissors technique (adjusts body to avoid the bar).	20d) Run tall, with correct upright trunk posture throughout the whole approach.
			20e) Perform a basic scissor jump over mini hurdles from a short run-up (from both sides).	20e) Run with control around a 'J' curve jumping for height at end of 'J'.	20e) When running round the curve, demonstrate a natural lean away from the bar.	20e) Uses a J shaped run-up of between 5 - 9 strides. The final 4-5 strides are on a curve.

<b>21</b> <b>Pole Vault</b>				21a) Hold the pole with hands shoulder width apart. Carry Position	21a) Undertake a push/plant drill on ground. Step and Swing	21a) Hold pole with tip at eye level in preparation stage. Swing into Sand pit & Plant Drills
				21b) Pole is held in 'V' formed by thumb and first finger of right hand (if right handed).	21b) Demonstrate relaxed running technique and good upright posture when carrying the pole (no backwards lean).	21b) Fully extend hip, knee and ankle at take off.
				21c) Left hand is placed above the right hand, with the thumb closest to the body and elbow underneath the wrist.	21c) Step into and swing on the pole with control (upper arm is fully stretched above head with arms shoulder width apart)	21c) From two stride approach, swing on the pole into a sand pit with control (a rm positions as per Blue).
				21d) Keep pole tip high to start.	21d) Maintain a firm upper hand grip throughout the swing, with the pole moving forwards at all times.	21d) Land on feet, and bend knees to cushion impact.





<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b>Shot Put &amp; Chest Push</b></p> <p><i>All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</i></p>	22a) Wait for instruction from coach before throwing and retrieving implement safely.	22a) Demonstrate a standing two handed push throw (as Red) with knees bending then extending prior to throw (legs before arms).	(from legs to hips to arms). 22a) Move body parts in an effective order to aid a two handed push throw for distance and efficiency	22a) Demonstrate a two handed push throw (Yellow - Red) with increased weight (Size 4 football - 1, 2 or 3 kg Med Ball).	22a) Keep the throwing elbow high throughout the movement.	22a) Left leg, then hip block prior to putting the shot (transferring force).
	22b) Push an object up and forwards to gain height and distances, and aim at a raised target.	22b) Demonstrate a standing two handed push throw, with flicking action through the wrist and fingers.	22b) Correctly hold a shot put in hand, with shot resting on fingers and not palm (dirty fingers, clean palm). Shot placed under the chin at the side of the neck and with elbow high.	22b) Demonstrate a standing frontal single arm push throw, with rotation through waist to increase force.	22b) Transfer body weight from the right leg to the left leg (right handed) in delivery phase (moving from 'Low to High').	22b) Demonstrate full triple extension of the right leg (hip, knee then ankle).
	22c) Demonstrate a standing two handed push throw, extending arms through the elbows.	22c) Demonstrate a standing two handed push throw (as above) stepping into the throw.	22c) Demonstrate a kneeling single arm push throw, with extension through elbow and wrist.	Standing Shot Put: t 22c) urn shoulders away from the direction of the throw in preparation (starting) position.	22c) In delivery phase, drive and turn the right hip up and forwards over the straightening left leg.	22c) Drive hips forwards and upwards before releasing.
		22d) Demonstrate a two handed backward, overhead toss, bending & extending 'legs before arms'.	22d) Demonstrate a kneeling single arm push throw (as Green 22c) with rotation through waist to increase force.	22d) Demonstrate 'Power Position' with left toes in line with the heel of the right foot (right handed thrower).	22d) Keep the left arm high in the delivery phase.	22d) Push right arm long and high extending at the elbow, then wrist and finally flicking with the fingers.
			22e) Identify preferred putting/pushing arm.	22e) Demonstrate 'Power Position' with both legs bent and weight on the ball of the right foot (right handed thrower).	22e) Perform an effective push throw (see Yellow to Blue) to reach a target on the ground.	22e) Increase the weight of the Shot Put while maintaining technique.

<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;"><b>Javelin Tennis Ball, Howler &amp; Turbo Jav Throw</b></p> <p><i>Athletes must keep their elbow above shoulder height for all pulling throws. All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</i></p>	(Football Throw) 23a) Demonstrate a standing two handed overarm throw, bending then extending the arms at the elbows .	(Football Throw). 23a) Demonstrate a standing two handed overarm throw, stepping into the throw	(Tennis Ball Throw). 23a) Demonstrate a single overarm throw (as Yellow to Green) with rotation through waist to increase force	23a) Demonstrate Tennis Ball Technique (Red to Yellow) with a Turbo Jav, Howler or equivalent.	23a) Demonstrate a standing frontal throw with a javelin (appropriate weight).	Standing Throw: e Standing Throw: 23c) Standing Throw: 23a) xtend the right leg at the knee and ankle to drive the right hip forward over a straightened left leg, 23b) after the hip drive, pull the javelin 'through the point' with the elbow high and close to the ear.
	23b) Demonstrate a standing single handed overarm 'Tennis Ball Throw', extending the arm at the elbow, with visual follow through.	23b) Demonstrate a standing single handed overarm 'Tennis Ball Throw' with flicking action through the wrist and fingers, with visual follow through.	23b) Demonstrate a standing single handed overarm pull throw (as Green 23b), stepping into the throw (left foot in front).	23b) Demonstrate a single arm throw (Turbo Javelin/Howler) as Purple 23a with three stride approach (left, right, left).	Standing Throw:23b) hold the javelin back with an extended arm and palm high (facing towards the sky).	free arm is rapidly brought into the side of the body, with the shoulder remaining as far forward as possible, creating a stretch of chest.
		23c) Stand side on, with left foot forwards, looking ahead over the left shoulder.	23c) Identify preferred pulling arm.	23c) Correctly hold a Javelin in hand demonstrating either 'Thumb and First finger' grip or 'Thumb and Second finger' grip.	Standing Throw: s 23c) tand side on with feet shoulder width apart, left foot in front with foot pointing forwards.	Standing Throw:23d) keeps body high (straight) release position.
		23d) Throwing arm held extended backwards and is then pulled forwards rapidly, bending then extending at the elbow.	23d) Correctly hold Turbo Javelin and Howler.	23d) Correctly explain the safety elements and rules relating to javelin.	Standing Throw:23d) the free arm is reached out in the direction of the throw when the throwing arm is held back.	





<p><b>Pivoting Pivoting Challenges make up part of the Physical Conditioning Section. Please sign off athletes in this section.</b></p>	10a) Pivot 90° clockwise (on ball of foot) and with good posture, while maintaining balance (both feet).	10a) Pivot 180° clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot 3 quarter turn anti clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot 360° turn anti clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) while maintaining balance.	10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) at speed while maintaining balance.
	10b) Pivot 90° anti clockwise (on ball of foot) with good posture and balance (both feet).	10b) Pivot 180° anti clockwise (on ball of foot) whilst maintaining balance (both feet).	10b) Pivot 3 quarter turn clockwise (on ball of foot) while maintaining balance (both feet).	10b) Pivot 360° turn clockwise (on ball of foot) while maintaining balance (both feet).	10b) Pivot quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance.	10b) Pivot quarter turn, followed by a half turn (on ball of foot) with weighted object whilst maintaining balance.
<p><b>24. Discus Soft Discus, Bean Bag &amp; Quoit</b></p>	24a) Demonstrate a 'Sling Throw' with long arm and relaxed shoulder (Using a Hula hoop, Quoit or bean bag).	24a) Correctly hold a Discus (soft discus) in hand, with fingers spread comfortably across the implement.	24a) Bowl the discus on the ground to a partner, releasing off the index finger.	24a) Start with left shoulder in direction of the throw, feet 1 1/2 shoulder-widths apart. Standing Side Throw: s	24a) Start with shoulders square to the back of the circle. Standing throw from Power Position.	24a) Initiate the throw with a vigorous action of the right hip and leg turning to the front. Standing throw from Power Position:
	24b) Demonstrate a 'Sling Throw' with tall upright posture and good balance.	24b) The rim of discus rests across the finger pads.	24b) Flip toss the discus in the air (forwards and upwards) releasing off the index finger.	24b) Swing discus backwards and then pull forwards, pivoting on the right foot (right handed thrower). Standing Side Throw: s	24b) Demonstrate 'Power Position' with left toes in line with the heel of the right foot (right handed thrower). Standing throw from Power Position: d	24b) After the hip has driven, pull arm through long, fast and last.
			24c) Demonstrate a single arm sling throw with rotation through waist, to increase force.	24c) Turn the right heel out while pushing the right hip forwards and blocking with the left leg. Standing Side Throw: s	24c) Demonstrate 'Power Position' with a 'ChinKnee-Toe' alignment. Standing throw from 'Power Position':	24c) Keep the arm 'long and relaxed' throughout the throw.
			24d) Identify preferred slinging arm.	24d) Release the discus about head height, releasing off the index finger. Standing Side Throw: s	24d) Swing the discus backwards-upwards with palm down (do not break the movement). Standing throw from 'Power Position':	24d) Left leg, then hip, brace prior to release (transferring force).
						24e) Increase the weight of the Discus while maintaining technique.





<p><b>Pivoting Pivoting Challenges make up part of the Physical Conditioning Section. Please sign off athletes in this section.</b></p>			<p>10c) Move laterally with heel to toe action.</p>	<p>10c) Hold a broom stick with extended arms, eyes focusing on the end of the stick and turn on the spot by moving the feet in an anti - clockwise direction. Basic Turn</p>	<p>10c) Turn through 90° balanced on the heel of the left foot, pivoting onto the ball of the right foot. Heel - Toe Turns</p>	<p>10c) Heel - Toe Turns: Turns through 120 balanced on the heel of the left foot then transferring their bodyweight onto the ball of the right foot, pivoting the body around and back to the starting position.</p>
<p><b>25. HAMMER Soft Hammer</b> The Hammer is a unique throwing event where the athlete must move in harmony with the implement rather than simple just applying force to the</p>				<p>25a) Demonstrate a dynamic heave throw with straight back.</p>	<p>25a) Demonstrate a dynamic heave throw with an increased weight (1 - 3kg D ball /medicine ball)</p>	<p>25a) tand with feet slightly wider than shoulder-width apart and back to the direction of the throw. Preparatory Swings: s</p>
				<p>25b) Demonstrate a dynamic heave throw with rotation through waist to increase force.</p>	<p>25b) Demonstrate a dynamic heave throw now using adapted equipment (quoit on a rope, small ball in long sock, large ball in a bin liner or rubber hammer)</p>	<p>25b) keep back straight, legs slightly bent and weight evenly balanced on both feet. Preparatory Swings:</p>
				<p>25c) Demonstrates a dynamic heave throw with arms extended throughout the throw</p>	<p>25c) Demonstrate correct grip of hammer. Handle held in the left hand (placed on the middle section of the fingers) and right hand covering the left hand</p>	<p>use body and weight distribution on the feet to counter the pull of the hammer. (But not excessively).. 25c) Preparatory Swings:</p>
				<p>25d) Demonstrate a dynamic heave throw moving the ball from low to high (releasing high).</p>	<p>25d) Uses a strong but relaxed grip. with hands making a U shape and with thumbs held crossed or parallel. (Athletes preference).</p>	<p>25d) Extend the arms and swings the hammer from low (just off the right foot) to a high point (above the left shoulder) Preparatory Swings:</p>
<p><i>Implement All challenges are based on a Right Handed Thrower, please reverse challenges for Left Handed Throwers.</i></p>						<p>25e) accelerate the hammer in the double support phase as long as possible. Preparatory Swings:</p>



# BEING AN ATHLETE

<p style="text-align: center;"><b>26</b> <b>Lifestyle and Support</b></p>	26a) Wear the appropriate clothing for training.	26a) Keep a record of own development in Achievement Booklet.	26a) Keep a record of own development in Achievement Booklet.	26a) Keep a record of own development in Achievement Booklet.	26a) Keep a record of own development in Achievement Booklet.	26a) Keep a record of own development in Achievement Booklet.
	26b) Parent/guardian and athlete keep record of height (seated and standing).	26b) Parent/guardian and athlete keep record of height (seated and standing).	26b) Parent/guardian and athlete keep record of height (seated and standing).	26b) Parent/guardian and athlete keep record of height (seated and standing).	26b) Parent/guardian and athlete keep record of height (seated and standing).	26b) Parent/guardian and athlete keep record of height (seated and standing).
	26c) Arrive on time for sessions.	26c) Good level of attendance.	26c) Inform coach(es) of other non athletics activities.	26c) Keep record of non athletics activities.	26c) Practise newly learnt skills at home.	26c) Able to prioritise goals for medium and long term and agree with coach.
	26d) Can name some things at which they are good.	26d) Jointly set basic goals* with coach.	26d) Jointly set own goals* with coach support.	26d) Recognise strengths and weaknesses and set appropriate goals*.	26d) Set short term (3-4 weeks) goals* with coach support.	26d) Set medium (term length) goals* with coach support.
	26e) Understand and follow simple club rules (track and field and indoor rules).	26e) Know how to use equipment safely.	26e) Take into account the group's safety when using equipment.	26e) Understand the importance of a good healthy diet.	26e) Understand the importance of a good nights sleep.	26e) Describe how puberty can affect development.
	26f) Come with an appropriate drink (water) for sessions.	26f) Can explain the need to warm up and cool down.	26f) Correctly warm up for each session, following the coach's instructions.	26f) Correctly cool down for each sessions following the coach's instructions.	26f) Able to warm up and cool down correctly with limited guidance.	26f) Able to warm up and cool down correctly under supervision.

<p style="text-align: center;"><b>27</b> <b>Psycho Behavioural</b></p>	27a) Undertake a simple task on their own, with evidence of confidence.	27a) Try several times if not successful at first, and understand that mistakes are part of learning.	27a) Use positive statements when undertaking challenges and addressing mistakes.	27a) Cope with, and react well to, mistakes and identify positive new goals.	27a) Show self motivation, a commitment to practise and a clear desire to improve.	27a) Set more challenging goals, based on self confidence.
	27b) Make eye contact when communicating with others.	27b) Ask for help to support their learning when required.	27b) Show and tell others their ideas happily, and demonstrate skills to a group.	27b) Show determination to improve performance through practise.	27b) Make changes once they, or others, have evaluated their performance.	27b) Accept critical feedback and act on it, remaining calm and positive when things become difficult.
	27c) Describe different movements.	27c) Focus on the sound of a technique, and verbalise this.	27c) Focus on how a movement feels and sounds, and verbalise this.	27c) Compare how similar movements feel and/or sound, and verbalise this.	27c) Focus on the rhythm and sound of a technique, and verbalise this.	27c) Identify when a technique feels right or wrong, and verbalise this.
	27d) Demonstrate good listening and observation skills describing what they have seen performed.	27d) Compare movements, actions and skills with those of others.	27d) Focus on a task independently, and begin to challenge themselves	27d) Remain focused on own task under pressure (competitive task).	27d) Identify own positive or negative trigger points.	27d) Can use positive and negative trigger points to aid performance.
	27e) Observe and copy others.	27e) Select and link movements together.	27e) Recognise similarities and differences in movements and expression.	27e) Link actions and develop sequences of movements that express their own ideas.	27e) Change tactics, rules or tasks to make activities more fun or challenging.	27e) Adapt and adjust skills, movements or tactics so they are different from, or in contrast to, others'.
	27f) Work sensibly with others (taking turns and sharing with others appropriately).	27f) Work well with and motivate partner or a group.	27f) Work well with a partner or a group and give helpful, constructive feedback.	27f) Work well and competes with partner or a group fairly, acknowledging 'winning and losing'.	27f) Work well in competition as an individual and as part of a team (contributing to team decisions).	27f) Show support to others in group.